



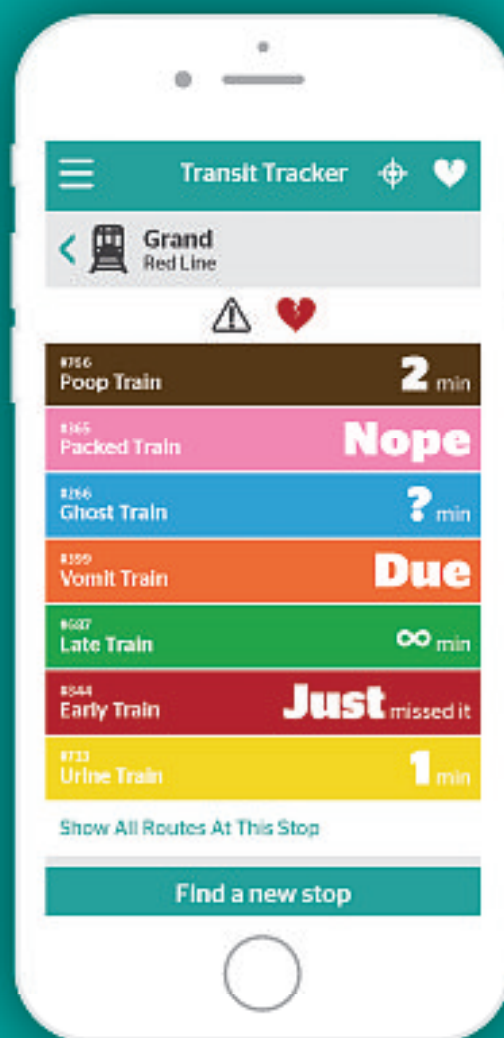
JANE NEWTON/REDEYE ILLUSTRATION



Wednesday
FEBRUARY 10, 2016

★ **FREE** ★

A Chicago Tribune
publication



RAIL FAILS

IF YOU'VE EVER VENTED ABOUT A TRAIN
OR BUS RIDE VIA 'CTA FAILS,' HERE'S THE GUY
WHO MADE THAT POSSIBLE **PAGES 6-7**

BY SAMANTHA NELSON FOR REDEYE | REDEYE@REDEYETCHICAGO.COM ■ GET MORE SPONTANEOUS EAT, DRINK, DO, IDEAS AT REDEYETCHICAGO.COM



EAT

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Owner Alpina Singh and executive pastry chef Julia Fitting host a self-guided tasting of six wines paired with six sweets including a white and dark chocolate fondue station and dark chocolate-dipped strawberry marshmallows. 6:30-8 p.m. \$28. Tickets: theboardinghouse.ticketleap.com

TRUFFLE MAKING AND TASTING

Local Foods 1427 W. Willow St. 312-432-6575

Katherine Anne Confections staffers teach you how to make three types of truffles with nine different garnishes at this BYOB class. You'll take your creations home and can buy more sweets to give as Valentine's Day gifts. 6-7:30 p.m. \$27.37. Tickets: eventbrite.com



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Mariano's 1500 N. Clybourn Ave. 312-475-9661

The Blackhawks right wing poses for photos, signs autographs and doles out samples of Coco5, a coconut water drink developed by NHL medical experts. 6-8 p.m.



DO

'OPEN TABLES'

Half Acre Production Brewery 2050 W. Rascher Ave.

A screening of the romantic comedy benefiting Elevated Films features a Q&A with the writers and cast, Koval Distillery tastings and snacks from SkinnyPop, Goddess and the Baker and Dough Dough Bird Baking Company. 6:30-9:30 p.m. \$11.49. Tickets: eventbrite.com



BLACK HISTORY MONTH CELEBRATION OF RISING STARS

Macy's 111 N. State St. 800-329-8667

Jurnee Smollett-Bell ('Parenthood') and **Serayah McNeill** ('Empire') discuss culture, careers and influences. The event also features a performance by McNeill and a preview of Smollett-Bell's new show, 'Underground.' 5:30 p.m. Phone reservations recommended.

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WGN9 NEWS

AT TEN

Dan Roan • Mark Suppelsa • Micah Materre • Tom Skilling

TONIGHT

WITH

WEATHER IN THE FIRST FIVE MINUTES

A sign tells residents that new water pipes are being installed in their area. Mayor Emanuel's push to speed up the replacement of aging water mains is increasing the risk that people will be exposed to lead from pipes. ZBIGNIEW BZDAK/TRIBUNE



A NATIONAL ISSUE

WHAT YOU NEED TO KNOW ABOUT THE RISK OF LEAD IN CHICAGO'S DRINKING WATER

By Rianne Coale | REDEYE

Flint, Mich., isn't the only place looking at pollutants in its drinking water. The city's water crisis has made the hazards of lead pipes a national issue and caused residents in cities across the nation to wonder whether they, too, could be exposed to the brain-damaging metal by simply drinking water from the kitchen faucet.

In 2014, Flint's water source was temporarily switched from Lake Huron to the Flint River as a budget-cutting decision. The water was not properly treated to keep lead from pipes from leaching into the supply. The water crisis, affecting nearly 100,000 residents, has gained national attention and continues to draw concern from consumers and officials all over.

Chicagoans, too, can be exposed to lead in their tap water and should be warned of the potential health hazards such exposure can cause. But city officials aren't doing that, as Chicago Tribune reporter Michael Hawthorne pointed out in a recent article.

So we rounded up a few things Chicago residents need to know about their tap water:

How can lead get into my water?

Nearly 80 percent of Chicago properties get their water via service lines made of lead, according to the Tribune. Corrosion-fighting chemicals are added to the water supply to coat the inside of the lead-made pipes, making our water safe to drink.

But when there's a disruption in those service lines, like a water main replacement or other construction work, it can upset the protective coating in the lines and lead can leach into the water, according to a 2013 Chicago study done by the U.S. Environmental Protection Agency.

And here's the concern: When new water mains are installed, city officials send out notification letters but do not mention potential lead hazards.

What are the health hazards of lead exposure?

People can be exposed to lead through drinking, eating or breathing something that contains the metal. There is no safe blood lead

level in children that has been identified, according to the Centers for Disease Control and Prevention.

Young children face the most danger from lead poisoning, which can permanently damage the development of a child's brain, lowering IQ and increasing the risk of learning disabilities later in life.

But high blood lead levels can also damage a person's kidneys, blood and nervous system, according to the CDC.

What is being done to prevent this from happening in Chicago?

The city complies with the Lead and Copper Rule, a federal regulation set in 1991 that created an elaborate set of procedures to test drinking water for heavy metals, although the EPA study suggests the testing may not be the most accurate.

When new water mains are installed throughout Chicago's water system, city officials should be notifying homeowners and residents of potential lead hazards and advising

them on how to flush out any harmful particulates that may be left in their pipes after work is complete.

"If you don't disturb the service line, it works pretty well," Miguel Del Toral, an EPA water expert, told the Tribune. "We need to do a better job telling people how to protect themselves when it doesn't."

How can I protect myself from lead exposure?

If you live in a household with a lead service line, you should flush your pipes for three to five minutes any time water hasn't been used for several hours, the EPA recommends. Taking a shower or doing a load of laundry are simple ways to accomplish that.

Before drawing water to drink, let your faucets run for 35-45 seconds. You can also purchase water-filtering pitchers or kitchen sink devices that are certified to screen out lead for additional protection.

SOURCES: CHICAGO TRIBUNE, CNN, CENTERS FOR DISEASE CONTROL AND PREVENTION, ASSOCIATED PRESS
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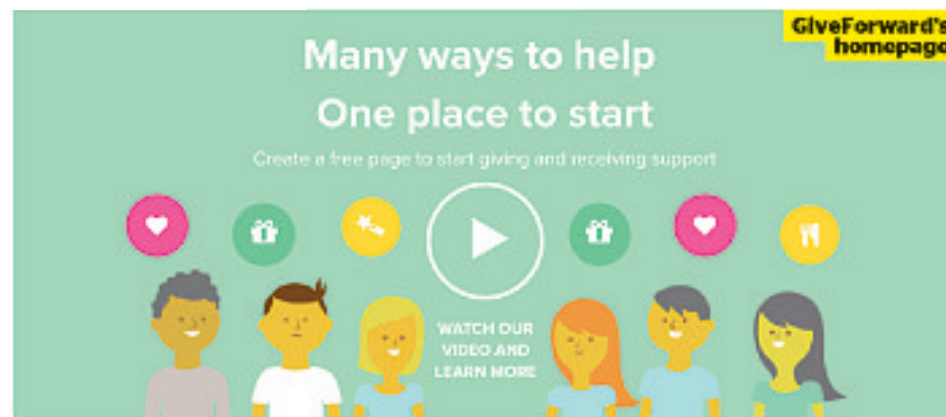
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the chatter / JOIN THE CONVERSATION

A REDEYE EDITORIAL PARTNER



GiveForward co-founder leaves firm, plans to travel

By Ally Marotti | BLUE SKY INNOVATION

GiveForward co-founder Ethan Austin is leaving the medical crowdfunding site he helped launch in 2008.

Austin made the announcement in a post on LinkedIn in recent days. He said he plans to travel to South America and study Spanish with his wife in May.

"We are going to start in Colombia and work our way all the way down to the tip of Patagonia," Austin said.

After the South American adventure concludes, Austin said he hopes to move closer to family on the West Coast. He will remain an active board member with the company.

Austin moved to Chicago from California to help launch GiveForward with co-founder Desiree Vargas Wrigley in 2008.

Vargas Wrigley left her role as chief strategy officer in November and is now working on Pearachute, a monthly subscription service for kids' activities.

Vargas Wrigley stepped down as CEO last April, clearing the way for Josh Chapman, who most recently served as vice president of operations at Cars.com. Austin said the leadership team in place at GiveForward will remain the same.

The decision to leave GiveForward was not sudden, Austin said.

"If you've been somewhere for seven or almost eight years, you realize there's only so much you can do," he said. "Are my skills more valuable here, or is there much more I can do to push the organization forward? You do start to think about those things."

With both of GiveForward's co-founders out of everyday operations, Chapman said he does not expect the direction of the company to change.

"Much of the culture of GiveForward was built by Ethan, and at this point in the company's history ... that's not something that will go away," he said.

GiveForward launched a new product in September that expanded on the company's crowdfunding component and offered more services to people going through major life events, such as coordinating meal deliveries or sending thank-you notes. It also began a partnership with Nationwide Insurance.

The company has 17 employees, Chapman said, although he declined to comment on revenue. According to GiveForward's website, it has helped people in need raise more than \$18.4 million.

READ MORE AT CHICAGOTRIBUNE.COM/BLUESKY



Story courtesy of Chicago Tribune's Blue Sky Innovation, featuring news, analysis and events related to innovation, entrepreneurship and the next Big Idea.



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Ryan Smith, creator of the popular 'CTA Fails' Twitter, Instagram and hashtag
LENNY GILMORE/REDEYE PHOTOS

The airing of grievances

MEET THE MAKER OF 'CTA FAILS,' A GROWING FORUM FOR SHARING CITY TRANSIT WOES

By Rianne Coale | REDEYE

The man behind “CTA Fails” has expanded its social media footprint to Instagram, where people can see for themselves how much the transit agency’s service sucks sometimes.

Ryan Smith, the 31-year-old Chicagoan who runs the Instagram account along with @CTAFails on Twitter and a corresponding Facebook page, thinks social media has at the very least spotlighted the problem, if not put a little pressure on the agency. A CTA spokesman isn’t saying whether changes have been made as a result of the sometimes brutal and nagging criticism, but experts say that amount of shade would motivate anyone to do better.

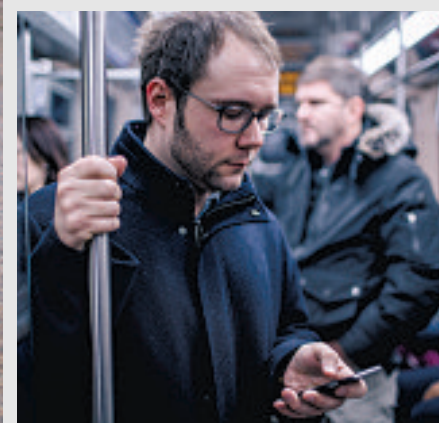
And with Instagram, the seeing-is-believing effect is an even harder elbow in the side.

“Instagram is the place for photos and videos—it goes beyond the text. We get into that whole visual element, which is sometimes good and sometimes ... not so good,” Smith said.

Smith started the @CTAFails Twitter account in 2012 out of frustration over what he says were long waits for Red Line trains at the Addison stop, the closest stop to his home at the time.

Initially, he was a one-man griping machine, but today dozens of dissatisfied riders tweet or Instagram the CTA Fails accounts or use the #CTAFails hashtag daily to vent their frustration about everything from stinky train cars or buses to delays.

Today, Smith lives off the Brown Line’s Irving Park stop and still manages the Twitter account, which has more than 14,000 followers, and Instagram account, which has more than 3,000 followers. So far, Smith hasn’t found a way to monetize CTA Fails but is



The 411 on the man behind @CTAFails

Name: Ryan Smith

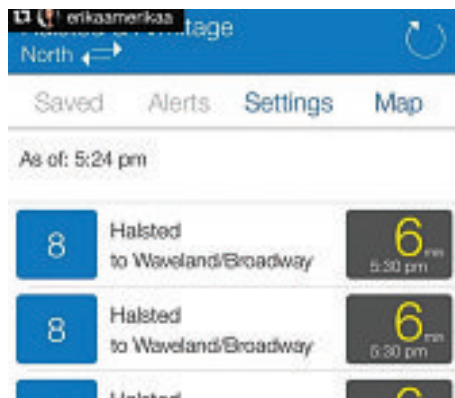
Age: 31

Hometown: “Detroit, but I’ve lived in Chicago for the last eight and a half years.”

Was Dan Sinker, also a Columbia College prof when he opened the well-known parody Twitter account @MayorEmanuel, an influence in opening the @CTAFails account? “I don’t think I would call him a direct influence, but I certainly loved what he did with the Rahm account. He’s hilarious and way more creative than I am.”

Were you ever worried about the backlash or consider running the @CTAFails Twitter account—and the other accounts—anonously? “While there are plenty of people who don’t know that I’ve been running it, I’ve never really tried to keep it a secret. At the end of the day, it’s meant to be humorous and informative, and a way for Chicagoans to voice their frustrations. I see no reason to hide.”

A sampling of @CTAFail's Instagram posts VIA @CTAFAIL INSTAGRAM



working on launching a website very soon. But he's not too upset about the lack of cash considering he spends only about a half-hour per day managing the accounts, usually during his morning and evening commutes to work.

"I would normally be looking at some dumb thing on the Internet anyway, so why not look at some dumb thing on the Internet that I made?" Smith said.

Indeed, his life beyond CTA Fails includes a longtime girlfriend and work as a full-time faculty member at Columbia College, where he teaches both an accounting course and a digital marketing course. Luckily for him, he's got some serious CTA Fails social media analytics at his fingertips, which he says he uses frequently in his marketing class.

Asked how CTA Fails may have improved the transit agency, Smith said that the social media accounts have brought a heightened level of awareness about the problems riders are having on a daily basis, but he doesn't think the complaints aired on CTA Fails have directly changed CTA's service.

"Certainly it's given people a forum to voice concerns and problems, and I have no doubt [the CTA] is seeing it," Smith said. "But, I can't think of anything that we've done directly to improve the CTA."

Jeff Tolman, a CTA spokesman, said the transit authority appreciates feedback, both positive and negative, but didn't comment on whether complaints aired on the CTA Fails social media accounts have resulted in changes

or improvements to its service.

Social media has provided a very public platform, ahem, for voicing individual and collective concerns about government agencies, like the CTA, as well as new means for public accountability, according to Jill Hopke, a social media expert and assistant professor of journalism in the College of Communication at DePaul University.

"We share content in an ongoing collective conversation, sharing information we think will be useful to others," Hopke said. "Anger or disgust can be powerful motivators as well, especially when it's personally relatable, such as in the case of having a negative experience on the CTA. In this way, anger as an emotion can promote action and the social transmission of information."

Popular grievances include: bus bunching, train delays, unpleasant odors and passenger fails (taking up more than one seat, etc.).

Using the **@CTAFails** handle or **#CTAFails** hashtag, passengers gripe about being late for work because of CTA delays or share pictures of what might be causing the nauseating smell on their train car. Smith said he's seen it all in the way of complaints, from the hilarious to the disgusting.

"For whatever reason, in the last month or so, I've gotten a lot of vomit photos, which are always pleasant to wake up to," Smith said. "I've been kind enough to retweet those photos to everyone, so they can also enjoy them."

Overall, Smith said he's learned to let a lot

Top 5 CTA complaints via CTA Fails

When riders are frustrated with the CTA's service, cleanliness, passengers and more, many take to Twitter and Instagram to air their grievances, using the popular **@CTAFails** handle or **#CTAFails** hashtag.

CTA Fails creator Ryan Smith sifts through hundreds of complaints a day and has compiled a list of the Top 5 things people complain about to CTA Fails.

1. Bus bunching: When two or more buses of the same route show up to a stop at the same time. *face...palm*

2. Odor & cleanliness: "Nothing sweeter than the sight and smell of piss, vomit, BO or alcohol on a CTA bus or train car."
—No One Ever

3. General maintenance issues: Including but not limited to: heat/air conditioning not working, snow-covered platforms and sidewalks, delays due to track construction, technology failures, etc.

4. Passenger-related fails: A fail committed by a bozo rider that is not directly the CTA's fault but occurs on the CTA.

5. Crowded platforms, trains & buses: The act of standing five people deep on a platform or sidewalk, waiting to board a bus or train, and then being packed onto said bus or train like sardines to the point where you're not sure where your body ends and another begins.

Runner-up: Ventra launch: Remember when Ventra first launched and the endless problems were enough to make you pull your hair out? Yeah ... a lot of people felt that way.

of his frustrations toward the CTA roll off his back. He said he thinks it's been cathartic to see so many people experience the same issues and be able to share those grievances through something he's created and watched grow.

"I've learned that people need to be heard, you know? I think many people feel like the CTA doesn't hear them or doesn't care to address these issues, and CTA Fails is a place for them to voice those concerns and to be heard by thousands of people," Smith said. "It's become a community in a lot of ways and a bit therapeutic for some people, certainly for me."

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sports

WORK, WORK, WORK

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Jake Arrieta
AP FILE

By Mark Gonzales | CHICAGO TRIBUNE

During the past 10 years, Jim Schlossnagle has witnessed Jake Arrieta vary his routines and workouts, and he was there when the pitcher learned a valuable lesson before his junior year at Texas Christian.

"Sometimes more isn't better," recalled Schlossnagle, Arrieta's coach at TCU. "He would lift 10 repetitions during his sophomore year [when Arrieta went 14-4 with a 2.35 ERA] and think that 25 repetitions might be better. He ran himself into the ground and took a step back. He learned from that."

After compiling a heavy workload last year

while winning the National League Cy Young Award and leading the Cubs to the NL Championship Series, Arrieta has taken subtle steps to prepare his valuable right arm for the rigors of a 2016 season saturated with high expectations.

"You can be in the best shape in the world, but your body can say, 'Hey, this is an area we're a little unfamiliar with,'" Arrieta said last month during the Cubs Convention, three weeks before agreeing last week to a one-year, \$10.7 million contract. "It's just something you've got to deal with and prepare for. I met that mark now, and I will be better

equipped handling that workload this year."

After a season in which he increased his workload by 92 innings (including the post-season), Arrieta tweaked his routine to allow his arm extra time to recover while not stunting his preparation. He performed "dry deliveries," in which he worked on his windup and leg drive without throwing a ball.

That helped him maintain proper mechanics once he resumed throwing last month.

Arrieta's training methods—which include Pilates and a diet that involves kale juice—were documented repeatedly from last spring to the end of his 22-win season.

THE YEAR AFTER

How have the past 10 NL Cy Young winners held up the year after taking home the award? Pretty darn well, actually, which bodes well for 2015 recipient Jake Arrieta. (The year they won the award is listed first.) SOURCE: MLB.COM

CLAYTON KERSHAW, DODGERS

2014: 198.1 IP, 1.77 ERA, 239 K's
2015: 232.2 IP, 2.13 ERA, 301 K's

CLAYTON KERSHAW, DODGERS

2013: 236.0 IP, 1.83 ERA, 232 K's
2014: 198.1 IP, 1.77 ERA, 239 K's

R.A. DICKEY, METS

2012: 233.2 IP, 2.73 ERA, 230 K's
2013: 224.2, 4.21 ERA, 177 K's

CLAYTON KERSHAW, DODGERS

2011: 233.1 IP, 2.28 ERA, 248 K's
2012: 227.2 IP, 2.53 ERA, 229 K's

ROY HALLADAY, PHILLIES

2010: 250.2 IP, 2.44 ERA, 219 K's
2011: 233.2 IP, 2.35 ERA, 220 K's

TIM Lincecum, GIANTS

2009: 225.1 IP, 2.48 ERA, 261 K's
2010: 212.1 IP, 3.43 ERA, 231 K's

TIM Lincecum, GIANTS

2008: 227.0 IP, 2.62 ERA, 265 K's
2009: 225.1 IP, 2.48 ERA, 261 K's

JAKE PEAVY, PADRES

2007: 223.1 IP, 2.54 ERA, 240 K's
2008: 173.2 IP, 2.85 ERA, 166 K's

BRANDON WEBB, DIAMONDBACKS

2006: 235.0 IP, 3.10 ERA, 178 K's
2007: 236.1 IP, 3.01 ERA, 194 K's

CHRIS CARPENTER, CARDINALS

2005: 241.2 IP, 2.83 ERA, 213 K's
2006: 221.2 IP, 3.09 ERA, 184 K's

Schlossnagle recalled Arrieta exploring other ways to prepare, based on his conversations with TCU's flexibility and nutrition experts dating to 2006.

"He just wakes up every morning and asks himself, 'What do I need to do to be better?'" Schlossnagle said.

#CTW16

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 15045A, \$15,977

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 XP19470, \$18,977

2012 JEEP GRAND CHEROKEE
 GRAY-4x4-LAREDO-V6
 52490A, \$20,977

2012 NISSAN ROGUE SL
 SILVER-AWD-ROOF-LEATHER
 P19269A, \$20,977

15 FORD ESCAPE SE
 SUNSET-4x4-BACK UP CAMERA
 XP19426, \$21,977

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 52796A, \$10,977

2014 FORD FIESTA SE
 RED-4CYL-AUTO-HATCH BACK
 XP19375, \$11,977

2014 HYUNDAI ELANTRA SE
 RED-ALLOYS-POWER
 XP19397, \$12,777

2014 NISSAN SENTRA SV
 SILVER-FULL POWER
 XP19370, \$12,877

2015 TOYOTA YARIS L
 SILVER-AUTO-HATCH BACK
 XP19461, \$12,977

2014 KIA SOUL
 YELLOW-PLUS PKG-FULL POWER
 XP18983, \$14,977

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2003 HONDA CIVIC
 WHITE-HYBRID-AUTO
 52770A, \$2,577

2007 PONTIAC GRAND PRIX
 WHITE-V6-POWER
 P19444A, \$2,977

2003 MERCURY SABLE
 BLACK-V6-LOW MILES-CLEAN
 14946A, \$3,877

2007 PONTIAC G6
 BLUE-4 CYL-AUTO-FULL POWER
 15076A, \$3,977

2008 FORD FUSION
 BLACK-ROOF-POWER
 P19499A, \$4,977

2005 NISSAN ALTIMA
 WHITE-SE-3.5-ROOF-LOW MILES
 52757A, \$6,977

YOUR CHOICE-WHILE THEY LAST*

1998 OLDS CUTLASS
 TAN
 15115A, \$477

2000 CHEVY MALIBU
 GOLD
 14772A, \$577

2001 MAZDA 626
 SILVER
 52823A, \$677

2002 BUICK REGAL GC
 BLACK
 P19421B, \$777

2003 MITSUBISHI OUTLANDER
 SILVER
 52778A, \$877

2005 NISSAN SENTRA
 SILVER
 15050A, \$977

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AP PHOTO

THE DIGIT

3-4 WEEKS

That's how long Bulls guard Jimmy Butler will be out of action while he recovers from a strained left knee. The Bulls play their first home game since Jan. 25 on Wednesday vs. Atlanta (7 p.m. CSN).

Gasol just keeps on going

Speaking of Jimmy Butler, he will be replaced on the NBA Eastern Conference All-Star roster by teammate Pau Gasol. The 35-year-old is averaging 17.0 points and 10.9 rebounds while shooting 47.7 percent from the field and 80.9 percent from the foul line. He has also turned in a team-high 29 double-doubles.

HOT DATE

APRIL 16

The Chicago Wolves are donating 2,000 tickets to first responders in Cook and Lake counties and their families for the team's regular-season finale. In addition, Turtle Wax is offering to donate \$25,000 to the 100 Club of Chicago if the pinned tweet on the @TurtleWax account reaches 2,000 retweets by April 16. The club assists the families of first responders who have been killed in the line of duty.



AP PHOTO

THE MOUTHWATCH

"A LITTLE DAB WITH DO YOU BUT TOO MUCH DAB WILL UNDO YOU!"

—Denver defensive coordinator **Wade Phillips**, via Twitter, taking a shot at Carolina quarterback Cam Newton. Phillips managed to reference Newton's signature dance as well as an old Brylcreem ad. No, no one is sure why. (He also clearly meant to say "will," not "with").

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3/19 TOM PAPA 2ND SHOW ADDED 10PM	5/13 THE JAMES HUNTER SIX ALBUM RELEASE SHOW
4/17 CIMM FEST & CITY WINERY PRESENT GINGER SHANKAR 5PM & 8PM	5/31 CORKY SIEGEL'S CHAMBER BLUES & SAXOPHONE LEGEND, ERNIE WATTS
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2/11 Grant Lee Phillips & Steve Poltz	2/29 The Wellington International Ukelele Orchestra
2/14 Chicago Philharmonic Sunday Series: THE CHOCOLATE BOX: A MUSICAL TAKE ON THE FLAVORS OF LOVE - 12PM	3/1 David Mayfield Parade
2/14 BJ Thomas - 5 & 8PM	3/2 Altan CELEBRATING 30 YEARS
2/18 Claire Lynch Band & the Quebe Sisters	3/4 Delbert McClinton WITH AMY BLACK
2/19 Eryn Allen Kane SILVER WRAPPER, COMMUNITY & CITY WINERY PRESENT	3/6 The High Kings
2/21 Sierra Hull WITH FORLORN STRANGERS	3/7 Ronnie Malley and Las Guitarras de Espana present: "THE ROOTS OF FLAMENCO: ANDALUX AND ARABIC MUSIC AND DANCE" CHICAGO FLAMENCO FESTIVAL
2/22 Yael Naim	3/9 The Boban Markovic Orchestra
2/23 A Palo Seco - Chicago Flamenco Festival	3/13 Monterey Jazz Festival on Tour FEATURING RAUL MIDON, RAVI COLTRANE, NICHOLAS PAYTON, GERALD CLAYTON, JOE SANDERS & KENDRICK SCOTT. - 5 & 8PM
2/24 The Duhks	3/14 Madeleine Peyroux Trio - KEEP ME IN YOUR HEART FOR A WHILE: THE BEST OF MADELEINE PEYROUX
2/25 & 26 Howie Day	3/18 globalFEST's Creole Carnival featuring Bushy One String, Emeline Michel & Casuarina
2/28 An Evening With DEACON BLUES featuring Grammy® Winner SUGAR BLUE WITH CHICAGO BASS LEGEND WALLY HUSTIN (AMERICA'S PREMIER TRIBUTE TO STEELY DAN) - 7PM	

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By Des Bieler | WASHINGTON POST

Those who ride a bike to work will tell you that there's simply no better way to commute. It's often the fastest way to get to work, it offers an array of route options and, unlike driving or taking public transportation, doing it regularly is actually good for you.

However, the most recent annual report by Strava, a popular fitness app for cyclists and runners, showed that bike rides classified as "commuting" declined 63.3 percent in the winter.

Using exercise to commute to work in chilly weather doesn't need to be met with a cold shoulder. Here are some tips to make cycling and running to work safe and comfortable enough to become part of your winter routine.

Cycling

Apparel: Cold weather usually isn't a problem that an extra layer or two can't fix. The one closest to the body should be a material that can wick away sweat, ideally merino wool, and the outermost one should be able to provide some wind-proofing.

The single most important thing might simply be gloves. The best way to ensure an unhappy winter ride is to expose the extremities that jut out the farthest and absorb all of the onrushing wind.

Illumination: This is important at all times of the year—after all, lights or reflectors are mandatory for nighttime riders nearly everywhere in the U.S.—but being extra visible is particularly important in the winter, when there is less daylight.

Riding style: The fact that drivers might not be expecting to see cyclists also means that, even if roads are dry, a cautious approach is important.

Bicycle: Any kind of bike, even road bikes with skinny tires, can be used, as long as riders are cautious. Wider tires do work better in poor conditions, and studded tires are recommended for snow.

Moisture, salt and just general gunk can

wreak havoc on exposed cables, gears and brakes. Cleaning one's bike after a ride is particularly important this time of year.

Those concerned about sparing their bikes the ravages of winter-weather exposure should consider buying an inexpensive single-speed, preferably made of aluminum, that won't rust.

Running

For advice on running to work in wintry weather, I turned to Jenny Hadfield, a running coach and columnist for Runner's World.

Apparel: Again, layering is key. "It's best to think less is more and dress for 15 to 20 degrees warmer than it actually is to allow for body temperature increases," Hadfield told me in an email. This will reduce the chances of overheating and excessive sweat, making cleanup at the office much easier.

Once it gets really cold—below freezing—you might want to consider a balaclava to protect your face, shell mittens over your gloves, heat warmers for your hands and pants over your running tights.

In dark or snowy weather, wear bright, reflective clothing or a vest and flashing lights. Run with identification in your shoe or pocket—just in case.

Shoes: "Regular running shoes can work fine, but there are some models made of wind- and weather-proofing materials (Gore-Tex) that can keep your feet warm and dry. For snowy, slippery days, add a traction device like Yaktrax to your shoes."

Hydration: "If you carry fluids on the run, tuck them under your shell and start with warm fluids to prevent them from freezing."

Running style: If the terrain is snowy or slippery, shorten your running stride and keep your feet lower to the ground. "You will run more efficiently and reduce the risk of slipping, falling or straining muscles," Hadfield said. Stick to fresh snow rather than ice or packed snow.



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TUESDAY'S SOLUTIONS

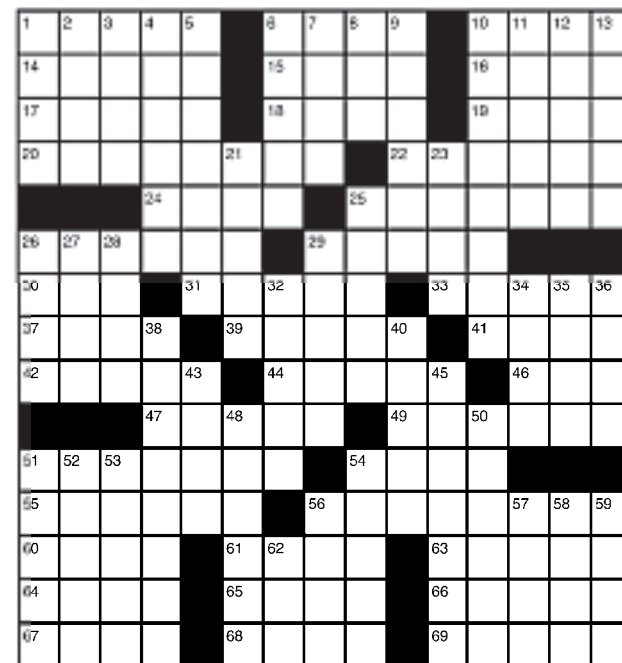


ACROSS

- 1 Metal clothing fasteners
6 Mineral springs
10 Church service
14 Bereaved wife
15 Part of the foot
16 Qualified
17 Agassi of tennis
18 Cast a ballot
19 Cut of pork
20 Badgered
22 Rich
24 Imitated
25 Athletes
26 Actor — Daloe
29 Takes a nap
30 "you kidding me?"
31 Passenger
33 2006 American Idol
37 Will and Harry, to Charles
39 Scratch of land
41 Mom's sister
42 Those opposed
44 Plant pest
45 Maci garland
47 Soft-furred weasel cousin
49 Not so sick anymore
51 One embraced by a new family
54 Credit card
55 Winchester's & Springfield
56 Doable
60 Bit of info on an invitation
61 Yam
63 Actress Burslyn
64 On... own; independent
65 Fib teller
66 Circular
67 Carry on
68 BPOE members
69 Lock of hair

DOWN

- 1 Exchange
2 Reasonable bedtime
3 Also says
4 Door; entrance
5 Broom user
6 Rescued



- 7 Nudge
8 _ up; misbehave
9 Beach sand souvenirs
10 Kuala Lumpur's location
11 Dwelling
12 Craftier
13 Transmits
21 Send in payment
23 Sworn statement
25 Freshwater fish
26 "Jeremiah _ bullfrog..."
27 Clothes presser's need
28 Loaned
29 Gathers crops
32 Male duck
34 Kind of film
35 Patella's place
36 Mix in a bowl
38 Easiest
40 Leg bone
43 Web surfer's stop
45 Dinner course
48 _ Crunch; chocolate bar
50 Clothes maker
51 Zeal
52 Leader of the Supremes
53 Frequently
54 Swerves
56 _ jacket; bulletproof vest
57 Sapphire color
58 Camera's eye
59 Concludes
62 Have a bug



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BRAIN CANDY

- » The average person has about 100,000 dreams in their lifetime.
- » Bodyflight is a sport that involves flying and performing tricks in a vertical wind tunnel.
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ORA: 14051410-IRB01 Date IRB Approved: 1/29/2015

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Department of Behavioral Sciences

Researchers at Rush University are looking for participants 18-55 years old for a research study to determine whether exercise reduces chronic pain by increasing the body's natural painkillers (endorphins) and what effect this has on responses to pain medications. If you have **chronic low back pain of at least 3 months duration and are not taking opioid based pain medications on a daily basis**, you may be eligible to participate.

Participants will be compensated for their time.

For more information or to see if you qualify please
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M-4200 1/16

red hot



THE DIGIT
330%

That's how much Red Lobster's sales soared on Sunday. If you're asking why, we've got you. "We're calling it the Beyoncé bounce," Red Lobster spokeswoman Erica Ettori told Business Insider. And again, if you're asking why? Beyoncé's new song "Formation," which she performed at the Super Bowl on Sunday, references Red Lobster as a reward for sex, according to slate.com. Welp, there you have it. Those cheddar biscuits though ...

Queen Bey
GETTY IMAGES

What's in the bag?!

Guess what's in the \$200,000 gift bag at the Oscars? You probably never will. According to **thr.com**, this year, the bags given to acting and directing Oscar nominees each will contain vampire breast lifts, sex toys, vaporizers and underarm sweat patches, among many other things. Seriously, who needs this [bleep]?



Bryan Fuller comes full circle

The "Hannibal" creator, who got his start as a writer with past "Star Trek" shows, is coming back to the space series. CBS has announced that he will be the co-creator and executive producer of the network's upcoming new "Star Trek" series, **deadline.com** reports. "It is without exaggeration a dream come true to be crafting a brand new iteration of 'Star Trek' with fellow franchise alum Alex Kurtzman and boldly going where no 'Star Trek' series has gone before," Fuller said, according to Deadline.

Is he our friend or isn't he?

Matt LeBlanc has been tapped to star in a CBS comedy called "I'm Not Your Friend." According to **vulture.com**, CBS picked up the series' pilot on Monday with a potential 13-episode commitment. The show is "about a contractor who learns that raising his kids is more challenging than expected when his wife goes back to work," Vulture reported. Interesting. Well, we're on board.



More 'Mozart'

Amazon has renewed the comedy series "Mozart in the Jungle" for a third season, according to **variety.com**. The series won Golden Globes last month for best TV series and best actor in a TV series for star Gael Garcia Bernal. " 'Mozart in the Jungle' bursts with creativity and passion, and offers audiences something truly unique," said Joe Lewis, Amazon Studios' head of half-hour series, Variety reported.

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